

The Pain Truth Program

(Sample section from the Pain Truth Workbook)

Ideal Day Schedule (IDS)		
Be specific, be realistic and flexible!		
Time	In my ideal day I will...	<input checked="" type="checkbox"/>
6 am		<input type="checkbox"/>
7 am		<input type="checkbox"/>
8 am		<input type="checkbox"/>
9 am		<input type="checkbox"/>
10 am		<input type="checkbox"/>
11 am		<input type="checkbox"/>
12 pm		<input type="checkbox"/>
1 pm		<input type="checkbox"/>
2 pm		<input type="checkbox"/>
3 pm		<input type="checkbox"/>
4 pm		<input type="checkbox"/>
5 pm		<input type="checkbox"/>
6 pm		<input type="checkbox"/>
7 pm		<input type="checkbox"/>
8 pm		<input type="checkbox"/>
9 pm		<input type="checkbox"/>
10 pm		<input type="checkbox"/>
11 pm		<input type="checkbox"/>
12 am		<input type="checkbox"/>

“Things that get scheduled are the things that get done.” Robin Sharma